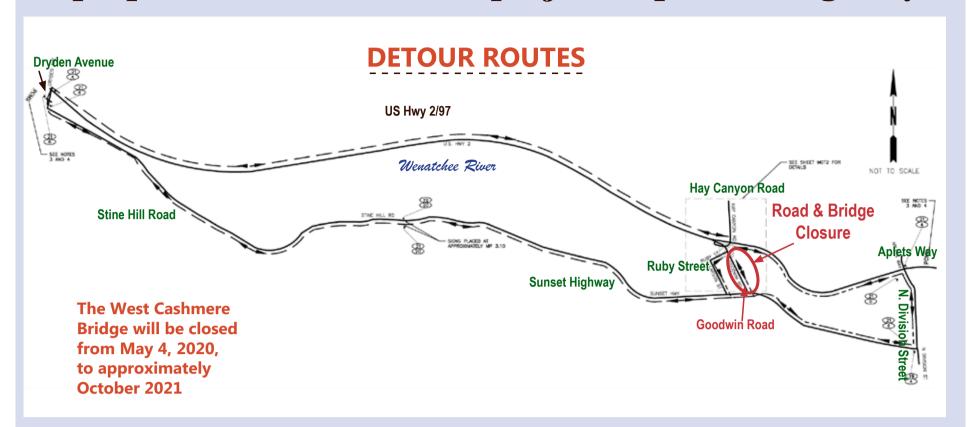
National Nurses Wee

May 6, 2020 · Volume 113, No. 19 SINGLE COPY \$1.00

**CELEBRATING 113 YEARS • 1907-2020** 

# Be prepared for construction project impacts to Highway 2



SUBMITTED BY JILL FITZSIMMONS Chelan County Public Works

The approximately 18-month closure of the West Cashmere Bridge on Goodwin Road begins on Monday, May 4.

Detour signs are now in place on US Highway 2, Stine Hill Road and Sunset Highway, showing alternate routes to the highway and through Cashmere.

During the week of May 4, the county's contractor will put in place a temporary eastbound outside lane closure (closing the eastbound off-ramp used to access Goodwin Road) as well

as a temporary westbound/ left turn lane closure (closing the westbound left turn lane at the traffic signal) for traffic restriping work. Both lanes will eventually be removed with the opening of the new bridge in late

Also next week, a Chelan PUD contractor on May 6 will be removing utility lines over Highway 2 that cross over the Wenatchee River just west of the bridge. The work will require lane closures on the highway in each direction. Flaggers will be stopping traffic occasionally on the highway for up to 20

minutes when the lines are being removed. Installation of the new conductors, which will cross east of the bridge, is scheduled for

Motorists traveling on May 6 on Highway 2 in the Hay Canyon area should plan for reduced speed limits and intermittent closures for the PUD work. Or, use other routes, including Stine Hill Road and Aplets Way, if possible.

Jill FitzSimmons is PIO/Special Projects Coordinator for Chelan County Public Works. She can be reached at 509-667-6415



# Cashmere City Council Meeting

By Kirk Beckendorf Cashmere Reporter

Mayor Jim Fletcher expressed concern about the city's decrease in revenue. He expects a shortfall funds resulting from a decrease in sales taxes, due to the pandemic-caused business closures. The city is looking at projects and activities that can be cut or reduced. Closing the pool for this summer was discussed as one option to help address the budget issue resulting from COVID 19. The pool usually loses money for the city, so closing the pool for the summer would save the city needed funds. Fletcher added that

if the pool is closed, the city would also have the opportunity to repair the leaky pool. He hopes to have a budget workshop in May allowing the Council to establish budget priorities.

At the March 23rd meeting the Council approved a resolution to provide relief for city residents financially impacted by COVID-19 by waiving all late fees for utility bills. However, according to City Treasurer, Kay Jones, there has not been an increase in residents requesting extensions on paying their utility bills.

Fletcher expressed the need for some long-term planning. He outlined a plan to enter into an

Should the stock market panic more?

interagency joint project with Chelan County Public Works. The plan would extend the city's sewer and water lines in conjunction with the Sunset Highway extension project. Fletcher said that maybe the sewer extension will help increase development. Council member Daniel Scott agreed that it would be good to get the sewer lines in place while the road is torn up. Croci added that having a "shelf-ready" project ready to go would be a good way to help stimulate the local economy. Fletcher said the cost would be about a million dollars and so grant funding would be needed.

In the meeting's two business items the Council unanimously approved a contract with RH2 Engineering and an agreement with the Chelan County Noxious Weed Control Board. Fletcher told the Council that the contract with RH2 was the same contract that they approved at the last meeting with Pace Engineering. The contract allows the city to have RH2 do as-needed small scale engineering tasks that are related to wastewater treatment and water production. The city's Director of Operations, Steve Croci added that RH2 has experience and insight with waste water and water production systems and that

Pace Engineering does not have that expertise.

The agreement with the Weed Control Board is the continuation of a previous work, which allows for the monitoring and treatment of knotweed on city properties along Mission Creek. The new agreement is effective from June 1, 2020 through Oct. 31, 2024. Council Member Chris Carlson said he was definitely in favor of the agreement and noted that knotweed negatively impacts salmon habitat.



# CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

# April 24

12:45 Domestic disturbance 104 Parkhill St. 17:38 Public assist, 3601 Selfs

# **April 25**

Motel Rd., #14

18:52 Civil, 229 Cottage Ave. 20:45 Noise, 102 Titchenal Way

**April 26** 

12:58 911, 206 Woodring St., #2 14:41 Alarm, 111 White Birch Pl.

15:32 Trespass, 6310 Hay Canyon

18:35 Agency assist, 4864 Rank

19:29 Suspicious, 7950 Depot Rd.

# April 27

02:59 Accident, no injuries, 5455 Sunset Hwy.

# April 28

08:55 Parking/abandon, 4875 Kelly Rd., Monitor

14:47 Theft, 107 Railroad Ave. 16:54 Harass/threat, 117 Aplets Way

17:24 **Trespass**,. 3717 Bridge St., Monitor

17:44 Disturbance, 7870 Stine Hill Rd., Dryden

# **April 29**

00:39 Burglary, 8410 Main St.,

Drvden 07:59 Vehicle prowler, 5736 Vale

Rd., Happy Crop 08:03 Court order violation,

8080 N. Dryden Rd., Dryden

10:06 Parking/abandon, Red Devil Trail

19:09 Scam, 207 Vine St., #1

# **April 30**

08:48 Suspicious, 122 Creekside

11:15 Trespass, 9000 Olalla Canyon Rd.

12:49 Trespass, 6969 Stine Hill Rd. 16:33 Parking/abandon, 106

Cedar St. 18:19 Alarm, 4052 Old Monitor Rd.

21:23 Traffic offense, 4500 Blk.



panic is clearly over. At the moment I'm writing this, the S&P 500 is only down 15% from its alltime high, which doesn't remotely do justice to the damage being inflicted on the global economy. Here's

another way to think about

it. The last time the S&P 500 was at this level was less than 12 months ago, in May 2019. Back then, no one was complaining about the terrible stock market, in fact, we were celebrating. So why is the stock market still at celebratory levels in the face of the worst recession in modern history?

One reason is that as bad as the economic news is, this wasn't caused by something fundamentally wrong with the economy. So, the hope is that this is all temporary, and once we make it past the virus, we can return to normal. But that ignores the



COMMUNITY **VOICES** By Brad **BLACKBURN** 

perhaps there wasn't anything fundamentally wrong with the economy before this, but there sure might be now. Further, isn't every recession "temporary?" The question is, how quickly will we get back to where we were? I worry the answer is much further

away than the stock

damage from the virus

itself. In other words,

market seems to think. Over the last few weeks, more than 30 million Americans lost their jobs. Many of those jobs should come back relatively soon, but not all of them. If we can get the unemployment rate back below 5% by the end of the year, we can all give each other hivefives (or whatever celebratory gesture is socially acceptable at that time). Unfortunately, I worry

we won't be close to that. Businesses invest in new employees when they have strong balance sheets and are confident in the future. However, businesses across the globe just spent two months losing huge amounts of money, and our future is as uncertain as ever. What business is coming out of this looking to aggressively spend money? More importantly, businesses need consumers. But consumers spend when they have money in the bank, steady income, and are confident about the future. All of those things have been damaged over the last two months.

Nearly every business, family, and government across the globe is in a worse financial position than they were 2 months ago and uncertainty is everywhere. Even in the best-case scenario, where the virus fades away in a few months, this crisis will leave a mark. Unfortunately, I don't think the stock market is taking that into account.

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor at 121 Cottage Ave., Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburnfinancial.net.



# **During this difficult time** support your neighbors

Most local businesses offer curbside service or delivery



# THIS WEEK

Business Directory... Community Calendar .......... 3 Community Bulletin Board ... 3

Senior Center Menus..... AA Meeting Schedule......3 Church Guide...

## **Classifieds Index** Classifieds.

Advertising flyers Safeway, Martin's IGA Fresh Market, Chelan Douglas Health "Essential Workers"





201 Cottage Ave.

Cashmere, WA 98815

Phone: 509-782-3781 www.cashmerevalleyrecord.com

# **OBITUARY**

# Bonnie Lee Owens

November 3, 1926 - April 15, 2020

Bonnie Lee Owens passed away peacefully in her home in Cashmere, WA on April 15, 2020. Bonnie was born November 3, 1926 in Deloit, Iowa to Gourley S. and Beatrice C. Riggleman.

The Riggleman family moved from Iowa to Nebraska when

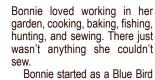
Amanda Ledezma, RN

Bonnie was very young. The family continued farming in the Rushville/ Gordon area until the day Bonnie graduated from Gordon High School in June 1946, at which point they moved to Cashmere and left farming life behind. Bonnie lived in Seattle for a short time and did some modeling but returned to Cashmere to be closer to her

After Lowell Owens returned from serving in the Navy, Lowell and Bonnie started dating and were married on June 14, 1948 at the Cashmere Presbyterian Church. Lowell's parents, Frank and Florence, followed Lowell west and settled in Cashmere.

Frank, Florence, Bonnie, and Lowell purchased and operated the East Cashmere Market for many years. Bonnie and Lowell built their family home in 1953 where they raised four children, Linda, Diann, Craig, and Terry.

Aubrea Hill, RN



leader and had the same group of girls into Camp Fire. She was an active member and president of the Children's Orthopedic Hospital Guild of Cashmere and an active member and preschool teacher at the Cashmere Methodist Church. Bonnie always dreamed of being a teacher and those years of teaching at the church created the foundation for opening and operating Bonnie's Pre-School in Cashmere for 35 years until she retired, at the age of 70. Bonnie often said that, retiring was the hardest decision she ever made. She loved all of her kids.

Years later, Bonnie was always able to recognize her kids, whether she saw them at the grocery store or if they



stopped by her house. She had a gentle, quiet, and loving spirit that touched everyone she met. Our family has been told that Bonnie is a legend in the Cashmere valley. Someone told her years ago that there would be a Saint Bonnie when she died. Bonnie touched a lot of little lives and hearts over the years and they forever touched hers. She was truly blessed. Bless you for a life well lived and thank you for raising all of us up in the life you shared with us.

Bonnie was a loving and devoted wife to Lowell for 66 years and a loving and caring mother, sister, aunt, grandmother, and friend. She is survived by her children, Linda, Diann, Craig and daughter-inlaw, Tammy, and granddaughter, Makena and her husband Albert. She was preceded in death by her husband Lowell and her son, Terry, her parents, Gourley S. and Beatrice C. Riggleman, brothers, Dwight Riggleman, Paron Riggleman, Ray Riggleman; and her sisters Hazel Beck, Mary Beckley, Nettie Beckley, Clara Whitinger, and Fanny Hann. Bonnie will be missed but forever in our hearts. A memorial gathering will be planned for a later date.

# **Death Notice**

John Edward Lafer of Peshastin, WA. age 77 years, died on April.23, 2020. Funeral arrangements by Heritage Memorial. A memorial service for family and friends will be later this year.

# Thank you to our Nurses!

In honor of National Nurses Week, Mountain Meadows Senior Living Campus would like to recognize Amanda Ledezma, RN, and Aubrea Hill, RN for their service and dedication to our residents.

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Make sure your information is complete for the June 3<sup>rd</sup> Graduation Keepsake in the Cashmere Valley Record

# Submit your information for FREE

#### **DEADLINE FOR INFORMATION** & PHOTOS IS May 22th 2020!



Joe and Judy Smith ACTIVITIES: Football (1 year), Band (2 MEMORABLE MOMENT: Winning State (Sophomore year) and band camp PLANS: University of New Mexico (Albuquerque, NM) band scholarship

Submit your info & photo online at www.leavenworthecho.com Note: That late forms may not be included.

Submit your information by email to Reporter@leavenworthecho.com Or submit online to: www.Leavenworthecho.com Or print out and mail to NCW Media, Inc. Attn: Grads, PO Box 39, Leavenworth, WA 98826

PARENT(S)/GUARDIAN(S):

**ACTIVITIES:** 

MEMORABLE MOMENT:

PLANS:

Information will be published in the Cashmere Valley Record.

# To Our Nurse Heroes, Thank You. Thank you for being on the front lines of our patients' care during this time of uncertainty. Thank you for your dedication and kindness each day. Thank you for putting our patients first and providing an empathetic ear and compassionate hand



Sonnenscheim auf Leavenworth Due to the Leavenworth. **Corona Virus** we have extended our ad deadline to May 15. Call to be included, as our visitors will be back soon!

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Publication date: June 3, Deadline: May 22

**Graduation Edition.** 

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City, St., Zip: \_\_

Name of graduate: \_

Check here if a photo is to be used in your message. Please attach the photo to this form along with a self-addressed stamped envelope (if you want the photo returned). Photos will be mailed after June 10.

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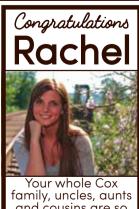
Email information to Reporter@leavenworthecho.com

Love, Mom & Dad

1x2" - \$15

Choose ad size: ☐ 1x1" - \$10 □ 1x2" - \$15 □ 1x3" - \$20 Call for larger ads

548-5286



and cousins are so proud of you! Love you! Grandpa & Grandma Cox

1x3" - \$20



Regional Community News & **Events** 

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number What: Items pertaining to local events that are free or maximum charge of \$100 fee. Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevallevrecord.com Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

Another way to advertise your News & Events

Go to: www.NCWMARKET.COM · 24/7 Choose your category and pay for Print & Online at one time For more information on any of these items. 509-548-5286 or classifieds@leavenworthecho.com

# CASHMERE VALLEY

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Toll Free 1-509-293-6780

# Letters policy

The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of ndividual names. Email your letters to publisher@leavenworthecho.com.

# **Corrections**

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-782-3781. We will publish a correction on this page in the

# On the Internet

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e-mail: record@cashmerevallevrecord.com advertising e-mail: echoads@leavenworthecho.com

# News tips

Have an idea for a story? Call the Record at 509-782-3781

#### Services Back Issues are available up to one

year after publication for a small fee. Photo Reprints are available for most photos taken by staff.

#### **Deadlines** 5 p.m., Thurs.

Calendar Listings News Submissions Letters to the Editor: Display Advertising: Legal Notices: Classified Ads:

Noon, Friday Noon, Friday Noon, Friday 5 p.m., Friday Noon, Monday



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### Cashmere

#### Gathering Community News

Hello neighbors, we would like to get some good news out in the papers since we do not have sports, or community gatherings or meeting right now because of the COVID-19 virus, but if you have any good news, picres to share with the community please feel free to email it to reporter@ cashmerevalleyrecord or reporter@leavenworthecho. com Stay well, stay strong, stay informed. (er)

### Regional

#### North Central Regional Library

While the libraries are closed, North Central Regional Library has added some new online features to bring the library to more people. Sign up for the eCard and find online resources at www.ncrl.org and check out videos and other information on the North Central Regional Library Facebook and Instagram sites. New content is being posted daily. Designated times when people can either live-chat online or call library staff to get answers to questions and help using online resources. Live-chat for general questions is available at ncrl.org weekdays from 9-11 a.m., and phone support for online resources is available by calling 509-888-8155 weekdays from 1-3 p.m. (er18,19).

#### Dryden Transfer Stations Solid Waste **Update**

COVID-19 While safeguards have been in place, the large volume of transfer station customers on Fridays and Saturdays has made it difficult for staff to sanitize regularly throughout the day. For this reason, some solid waste facilities and services are returning to normal hours in an attempt to spread out the number of vehicles throughout the week. We remind people visiting the transfer stations to only bring in household garbage and brush at this time.

Dryden Transfer Station is now open regular hours Tuesday through Saturday for all credit card payers as well as commercial account holders. (Please note the new credit card system does not take debit cards - only credit.) Regular hours are posted at: https:// www.co.chelan.wa.us/solidwaste-management/pages/ transfer-stations Dryden Transfer Station will be open only Friday and Saturday to those members of the general public who must use cash or check to pay.

**Due to the** Corona Virus all meetings, events are cancelled or postponed until further notice. For more information contact your local organization or business at their phone number or email

address.

#### **■ COMMUNITY CALENDAR**

#### Wednesday

Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple St. Call President, Melissa Grimm, 860-1535.

Cashmere Food Bank, 2:30-4 p.m., Cashmere Food Distribution Center, 109 "C" Railroad Avenue, for more information, call Pam, 509-669-3159.

Cashmere Park and Recreation Committee, 6:30 p.m., City Hall. Call 782-3513. (last Wed., each month.

The Underground Youth Group, 6th-8th graders. Christ Center, 206 Vine Street. 6:30-8 p.m. Call Steffanie, 782-2825.

#### Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Cashmere Sportsmen's Gun Club, 6:30-10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 782-3099.

Cashmere American Legion Post 64. 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 782-4973. (1st Thurs. of every month, August -June).

Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, August -June).

#### **Friday**

Evergreen Baptist Church Youth Group (ages 13-20), 6:30-8 p.m., 5837 Evergreen Drive. Call 782-1662.

#### Saturday

Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904.

#### Sunday

CHURCH: See the church page for local service times and events.

The Underground, youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie, 782-2825.

#### **Monday**

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. Call Mary, 782-2057. (2nd & 4th Mon.)

Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)

Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.). Planning Committee Meeting, 5 p.m. at City Hall

(1st Mon. of each month). Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Matt Brunner, 782-

3513. (3rd Mon.) Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.) Cashmere School Board, 6:30 p.m., School District

Office. Call 782-3355. (4th Mon.) Chelan Douglas Republican Women, luncheon meeting, 11:30 a.m. at the Wenatchee Red Lion. Contact President Ellie, 425-319-9869 (1st Mon. each

# Tuesday

I.P.I.D. meeting, 8 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.) Ministerial Association, 8 a.m., Epledalen lunchroom.

Call 782-7600. (2nd Tues Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director,

Gina, for meeting location, 782-7404. (3rd Tues.) Buns, Books and Tea, Peshastin Book Club, Peshastin Library. Call Kathy, 509-433-1345. (3rd Tues.).

# **Ongoing events**

Cashmere Public Library: 782-3314 Call for other information if not listed. Mon., Tues., Wed., and Fri. 9 a.m.- 6 p.m.

Thurs.,11 a.m.- 8 p.m. Sat., 9 a.m.-1 p.m. Sun., Closed.

**Events:** 

Tues. & Wed., 10-10:30 a.m. Story time Pre-K & up Wed., Preschool Story time, 10-10:30 a.m. Wed., Bilingual Story time, 4:30-5 p.m. (last Wed.of

Fri., Baby/Toddler Story time, 10:30-11 a.m. Cashmere Museum and Pioneer Village Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m.

Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call 782-3230. (3rd Thurs.)

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

# ■ AA MEETING SCHEDULE

# Information numbers for AA:

206-719-3379

The phone number to call for the Zoom link to Leavenworth AA meetings is 541-480-8946 The phone number to call for the Zoom link to Leavenworth AlAnon meetings is 509-548-7939 509-548-1627, 548-4522, 664-6469, 425-773-7527,

Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St. Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St. Tuesday, noon, First Baptist Church, 429 Evans St. Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin

Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.

Thursday, noon, First Baptist Church, 429 Evans Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Information number for Alanon: 509-548-7939 **Alanon Meeting Schedule** 

Monday, 7 p.m., United Methodist Church, 418 Evans St.

**Celebrate Recovery** Friday, dinner, 5:30 p.m., meeting 6:15 p.m. Leavenworth

Church of the Nazarene.111 Ski Hill Drive, Leavenworth.

Please contact us for questions: Dave and Nancy Bartholomew, 509-596-1510.

### ■ SENIOR CENTER MENUS

Leavenworth Senior Center, 423 Evans St., Leavenworth **Currently the Leavenworth Senior Center is** closed due to the COVID 19 Virus. The meals on this menu will still be available at the Leavenworth Senior Center, for take-out and home delivery meals. For meal pick up and information call the Kitchen Staff at the Senior Center between 9 a.m. and 1 p.m. weekdays at (509)548-6666 or email Leavenworthseniors@ gmail.com.

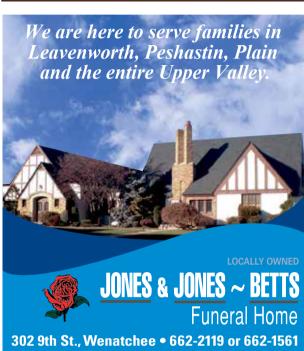
May 7, Thursday: Cabbage patch stew, pasta salad, Greek salad, pears, whole wheat roll, dessert.

May 8, Friday: Meatloaf, potatoes and gravy, broccoli cuts, garden salad, whole wheat roll, fruited Jello. Saturday and Sunday: No lunch.

May 11, Monday: Ham, Au Gratin potatoes, peas and carrots, green salad, spiced apples, bread pudding.

May 12, Tuesday: Baked fish almandine, basil and garlic pasta, asparagus, coleslaw, whole wheat roll, peach

May 13. Wednesday: Biscuits and gravy, O'Brien potatoes, orange quarters, V-8 juice, dessert.



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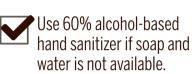
For the latest local news and advertising see the NCW Media websites... leavenworthecho.com cashmerevalleyrecord.com qcherald.com NCWBusiness.com lakechelanmirror.com

# SOCIAL DISTANCING s Working!



We know that social distancing – staying 6 feet away from each other in public places – works. All of your efforts to stay home and to maintain social distancing when you are out are working! Keep up the great work.



















For COVID-19 updates and information, visit www.cdhd.wa.gov/Covid-19



Check out our online classifieds at

**NCWMARKET.COM** 



# Spend wisely, and keep it local

By Denise Sorom

Director of Community Philanthropy, Community Foundation of NCW

As we watch the crisis of Covid-19 unfold across the country and around the world, we see huge disparities between the way that wealthy nations, such as ours, and developing countries are able to respond to the pandemic. Income levels define not only how well people can protect themselves from the virus, but how they can cope with the shuttered economy, the mandate for "sheltering in place," the ability to feed their families, educate their children, and keep themselves emotionally and physically healthy. Many of us feel fortunate to live here in North Central Washington, where the virus is present but not overwhelming our systems.

While we may feel relatively here, safe unfortunately the same disparities exist. The cascading effects of the economic downturn have taken a huge toll on the well-being of our neighbors and fellow community members. Our job at the Community Foundation of North Central Washington is to do all we can to preserve and enhance the quality of life in our region. Since the outbreak of this crisis we have been regularly communicating with our local nonprofit leaders. We host weekly sector calls that gather those addressing food security, housing, and personal safety. We keep in touch with nonprofits that are here to bring meaning to our lives: the arts, education, social services,

and environmental and animal welfare.

We have learned that our neighbors need our help. People have lost their jobs in record numbers, domestic violence is on the rise, and many are struggling to keep their homes and put food on the table. We are heartened that the federal government is offering stimulus checks to help families in these circumstances, but we know it won't be enough. some people who receive

We also know that a stimulus check may find themselves fortunate enough to have a steady income and can maintain their quality of life. If you are one of these fortunate few, we ask you to consider how you might use your stimulus check to help our community recover. If you didn't receive a stimulus check, but have the ability to make charitable donations, consider how you might direct those charitable dollars during this crisis.

We ask you to keep those dollars local. The money from the federal government is meant to stimulate the economy, so please use it to stimulate

OUR economy. it at your favorite locallyowned store or restaurant. buy your produce at the farmers market, or make a donation to your favorite local charity. If you don't have a favorite charity, but you want to help, consider supporting the Helping Hands Grant program at the Community Foundation. Every two weeks we review requests for assistance from a broad spectrum of charitable organizations and provide them with the critical funding they need to help our most vulnerable populations. We also provide much needed support to nonprofits that have had to close their doors or cancel their events to adhere to public safety guidelines.

We believe that after this crisis, North Central Washington will once again enjoy the tremendous quality of life we have come to appreciate: a plentitude of creative small businesses and restaurants, fantastic arts offerings, world-class outdoor recreation, and top-notch healthcare and human services. Whether or not this hope becomes the post-Covid reality is largely up to you. Spend wisely, and keep it local.





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# UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

# TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

# CASHMERE

# CASHMERE BAPTIST CHURCH

103 Aplets Way • 782-2869 Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church



#### CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org



#### Pastor Lilia Felicitas - Malana CHRIST CENTER

Cashmere Assembly of God • 509-782-2825 Worship Services are available ONLINE ONLY at 10 a.m. Sundays All updates on COVID-19 can be found at christcentercashmere.com/cc-updates Underground High School Group, ONLINE ONLY at 6 p.m. Sundays **CHRIST**CENTER Lead Pastor, Steve Haney Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Director of Operations, Pastor Ian Ross High School Director, Steffanie Haney



#### **GRACE LUTHERAN CHURCH** Vine & Elberta Streets • 860-0736

Worship 10:30 a.m. Pastor Robert Gohl

ST. JAMES EPISCOPAL CHURCH 222 Cottage Ave. • 782-1590 Holy Eucharist 9 a.m. 5th Sunday Morning Prayer 9 a.m. Deacon Carol Forhan - 670-1723 Vicar Rob Gohl - Cell - 860-0736

#### **EVERGREEN BAPTIST CHURCH** 5837 Evergreen Drive • 782-1662

Sunday School - 9:45 a.m. Morning Worship - 11 a.m. Evening Service - 6:00 p.m. Pastor John Smith www.christforcashmere.org

# DRYDEN

#### DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m.

Pastor Steve Bergland MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m.

#### Pastor Mike Moore www.midvalley baptist.org

LEAVENWORTH

# CASCADE MOUNTAIN BIBLE CHURCH

'Where God's Word Remains The Pillar Of Truth' 11025 Chumstick Hwy. • 548-4331 Sunday School 9 a.m. Sunday Worship 10:30 a.m. AWANA (Youth Program) Weekly Bible Studies Wednesday 6:30 p.m. (school year) Pastor Todd James www.cmbiblechurch.org

#### COMMUNITY UNITED METHODIST 418 Evans Street . Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m.

#### www.leavenworthumc.org CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall

621 Front St. • 548-0748 Sunday Worship 10 a.m. CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

#### 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.

FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following

www.faithleavenworth.org

### FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745

Sunday Worship: 11:00 AM Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com

# LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Andy Dayton Youth Pastor, Kent Wright www.LCN.org



# SEVENTH DAY ADVENTIST CHURCH

10600 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. . Worship 11 a.m. Fred Smith • 860-3997

# SPIRIT LIFE CENTER

210 Benton Street • 548-7138 Sunday Worship 10 a.m. Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza

## MONITOR



# PESHASTIN

### LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517

Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org

## PESHASTIN ASSEMBLY OF GOD School and Lake St. • 548-7523

Sunday Worship Service 10:30 a.m. Bible Adventures for kids at 10 a.m. sharp Pastor Jorge Torres

#### **New Life Foursqure Church** 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall

Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com



MIRROR

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

PUBLISHER'S NOTICE All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or na-tional origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with ar advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary



refunds will be given. For more information call (509) 548-5286.





Home For Sale \$99.900



Own... don't rent. 3 bedroom nice home on 2 lots. Quiet street, lots of parking. Large indoor storage, fenced yard. Home is move in ready in great shape inside and out. 25 minutes to Chelan

29 Walnut St., Mansfield, Wash. Call for questions and or showing. Offered by Chelan Realty Tim - 509-683-2080 Broker

#### **O**RCHARDS & FARMS



We have buyers for your Pear, Apple and Cherry Orchards!

509-669-4500

information@nwi.net

www.leavenworthecho.com • www.cashmerevalleyrecord.com

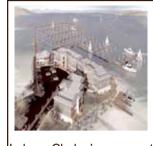


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Crossword  ${f P}$ uzzle

CROSSWORD

#### FOR RENT



Chelan's ake newest Marina: Sunset Marina 40 foot slip. Power, wa ter, waste dump. Parking with coded gate for se curity. Clubhouse. \$550 month. Slip 808-298-1031.

R. V. Rental Space All utilities are included on this beautiful property near Safeway in Leavenworth. Great for motorhome or Great for mot trailer with pickup. text/call infomation, 509-699-9337 or email:

deehappysunshine@aol.com Also go online and checkout NCWMarket.com

#### **S**TORAGE

Storage Units Available Reasonable rates Cut Rate Storage 782-1817

Office: 107 Railroad Ave. Cashmere, WA.

#### HAPPY ADS

ANNOUNCE IT IN THE **CLASSIFIEDS** 

AT NCWMarket.com

\*HAPPY BIRTHDAY

\*CONGRATULATIONS!

WILL YOU MARRY ME? \*I'M SORRY!!

\*Happy Anniversary

Only \$15 for 30 days

includes 3 photos

### **HELP WANTED**

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/ Cashmere

**Deadline Tuesday** at noon **Quad City Herald** 

Your ad will appear online and in the newspaper for one low price.

# Windermere

## Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? Give us a call today! Carmen Bagdon - 237-2060 Momi Palmieri - 433-2211

Geordie Romer - 679-8958 Allyson Romer - 630-9898

See all available properties at windermereleavenworth.com

HELP WANTED

Wapato Point

Management Company

responsible for the main-

ance of the interior and

and work closely with all

The Maintenance Man-

the ability to communi-

courtesy and respect to-

Wapato Point Resort is

in Manson, Washington

timeshare units served

by nine homeowner as-

has managed the resort

for over 40 years and

takes great pride in the

service and support we

provide the resort com-

ager is a full-time, ex-

paid time off accrual, fully paid medical, den-

tal, visionand life insur-ance, paid holidays, cell

Salary is negotiable and depends on experience.

Education and Experience: • High school diploma or GED or any

tion, training and experi-

ence that demonstrates

the ability to perform the

duties of the job. • Excellent customer service

skills. • 3-5 years super-

quired. • Excellent com-

orally and in writing.

Knowledge and experi-

plumbing, electrical, car-

pentry and mechanical repair. • Knowledge of

swimming pool mainte-

nance operations. Expe-

rience preferred. • Com-

petent computer skills in-

and the ability to quickly

Please respond with a

cover letter, employment application, and resume

available

https://wapatopoint.com/

Applications can be sent to Susan Stephens, Hu-

man Resources Special-

point.com or to Wapato

Wapato

**PUZZLE** 

SOLUTION

Excel,

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\$45,000 - \$60,000.

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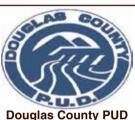
condominiums.

#### HELP WANTED

Writer/ Photographer

writer/ photographer Valley school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love attend community events. Must be a team

leavenworthecho.com



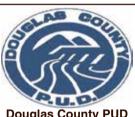




Is looking for a talented report on the news of the Lake Chelan Vallev. Qualified applicants will cover city council, local school boards, high player and willing to work flexible hours. To apply send your resume

writing samples to: Publisher NCW Media, Inc PO Box 39 Leavenworth, WA 98826 or email to Publisher@





has an opening for: Journeyman Mechanic Wells Dam

Please see our web site for details www.douglaspud.org



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# THEME: 21ST CENTURY



- 5. Traitor's blow? 9. Cause of Princess' downfall
- 12. Hawaiian tuber
- Prospector's mother?
- 14. Heavy footsteps 16. "Iliad" or "Odyssey' 17. Caribbean color
- 18. Frustration, in print 19. \*Proponent of colonization of Mars 21. Small island
- 22. \*Edmond Halley's apparition, 2061-2062
- 23. Expression of disgust or recoil 24. \*2007 "Invention of the Year"
- 27. Give satisfaction 31. Neither a win nor a loss
- 32. Having no courage 35. Medicinal houseplant 36. Dodge, as in a tax bill
- 38. Take the gold 39. Anti-seniors sentiment
- 40. Immigrate
  41. Bold and without shame
  43. Take illegal drugs
  44. Adverb of steep
  46. Tower of London guard
- 48. \*Legalized in many states 49. Cambodian monetary unit, pl
- 51. Gift toppers 53. \*Major spring 2020 occurance 56. \*23andMe unit
- 57. Baron Munchhausen, e.g. 58. Original thought
- 60. Not yes or no 61. Nobel Peace Prize home
- 62. Long forearm bone Formal wear, colloquially speaking 64. \*Review service

- Polished off
   Mock or make fun of playfully
- 3. Seed covering 4. Late Baroque 5. \*Harvey Weinstein's new home,
- 5. Harvey slangily 6. Part of chef's uniform 7. Sunbaked, archaically speaking 8. Bird's groomer
- . Opposite of knit 0. Competitive advantage
- 11. Combustion product
  14. Boreal forest, in Russia
- 15. \*Number sign turned metadata tag 20. Time being 23. Coffin alternative
- 24. Agenda entries 25. Turning point 26. Launch or throw
- \*Millennials' followers, for short 28. One hipbone
- 29. "Madagascar" predator 30. \*Site of Abdrabbuh Mansur Hadi/
- Houthi conflict 33. Best-laid plans often go \_
- 34. Roman road 37. \*Sites with no easy access
- 39. Anoint 41. Sandwich with acronym name 42. Ophthalmologist's prescription
- quantity 45. Wild West group

55. Copper coin 56. Greenwich-related acronym

59. Expression of pleasure

- 47. Os 49. Pay hike 50. All told 51. One of the Bridges 52. December stone
- 53. Clever tactic Opposite of busy

#### Company, Attention Susan Stephens, PO Box 426, Manson, WA 98831. Management is an equal opportunity employer.

Point

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#### **PUZZLE** SOLUTION



# **APPLIANCES**

Pocket some cash by selling your used Appliances with a classified ad.

Place your ad 24/7 at www.NCWMarket.com

Your ad will appear online and in the newspaper for one low price.

Deadline Monday at noon for the paper Lake Chelan Mirror
Leavenworth

Cashmere

Deadline Tuesday at noon for the paper **Quad City Herald** 

#### **FURNITURE**



furniture available. of this is in good condition. Some may require minor repairs. Ťhere are 3 desks, a conference tatall bookshelf, small refrigerator, a large counter with shelves and a credenza for \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere.

We also have a small safe that is free to a good home. It has not opened for many vears because we do not know the combination. It could include valuable material we don't know.

interested. call: 509-548-5286 509-670-1837

or

## GARAGE & YARD SALE



Fill your pockets with \$\$ CASH \$\$ Let others know what items you are selling!

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/ **Cashmere** Deadline Tuesday at noon

Your ad will appear online and in the newspaper for one low price.

**Quad City Herald** 



American Standard

WALK-IN BATHTUB SALE! SAVE \$1,500

✓ Backed by American Standard's 140 years of experience
✓ Ultra low entry for easy entering & exiting
✓ Patented Quick Drain® Technology

✓ Patented Quick Drain® Technology

✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard

# Have products or services for sale?

Don't bury them in EBay or Craig's List or park it by the side of the road.

Your most likely buyer lives right here in North Central Washington

NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

The good news is: • It's available 24/7 You can include a map to your business

> as often as you want We don't sell your email address or any of your personal information

· You can change the ad anytime you want -

 Our monthly subscription programs allow you to change your ad entirely at no additional charge

you decide to respond to inquiries, OR

You can have multiple photos even videos

Place your ad now: NCWMarket.com

#### **Public Notices**

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of VICTORIA L. ROSENTRETER, Deceased. No. 20-4-00032-04

PROBATE NOTICE TO CREDITORS

(RCW 11.40.030) Representative Personal named below has been appointed as Personal Representative of this estate. any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were com-menced. The claim must be presented within the later of: Thirty days after the personal representative served or mailed the notice to the creditor as

the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the not presented this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This This effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: April 22, 2020

**PERSONAL** REPRESENTA-TIVE: Michael W. Rosentreter

ATTORNEY FOR PERSONAL REPRESENTATIVE:

Thomas D. Overcast ADDRESS FOR MAILING OR

**OVERCAST** Attn: Thomas D. Overcast 23 South Wenatchee Wenatchee Avenue,

Wenatchee, WA 98801 COURT OF PROBATE PRO-CEEDINGS AND CAUSE NUM-BER: Chelan County Superior Court, No. 20-4-00032-04

Attorney for Estate: Overcast Law Offices NCW, PLLC

Suite 320

By:/s/ Thomas D. Overcast, WSBA No. 14486 Attorney for Personal Represen-

Published in The Leavenworth Echo/Cashmere Valley Record on April 22, 29 and May 6. 2020. #87652

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON

IN AND FOR THE COUNTY
OF CHELAN
In the Matter of the Estate of No. 20-4-00047-04
PAMELA JEAN TITUS
PROBATE NOTICE TO
PAMELA JEAN GANN
CREDITORS

Deceased. RCW 11.40.030 The personal named below representatives has been ap-

pointed as personal representa-tives of this estate. Any person having a claim against the dece-dent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in

imitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representatives or the personal representatives' attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of (1) Thirty days after the personal representative served or mailed the notice to

served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims

against both the decedent's agains both the decedent's probate and nonprobate assets. Date of first publication:

April 29, 2020
Date of Filing:
February 10, 2020
Personal Representative:

Jason Gann

Attorney for Personal Representatives: Byron J. Moore
Address for Mailing or Service: Address for Mailing of Service. Byron J. Moore Moore Law Firm, PLLC 1114 N. Mission Street, Suite C2 Wenatchee, WA 98801

Westachies, WA 30001 Attorney for Estate: /S/ Byron J. Moore Byron J. Moore, WSBA #43624 Published in The Leavenworth Echo/ Cashmere Valley Record on April 29, May 6, 13, 2020. #87670

#### **Public NOTICES**

NOTICE OF DISSOLUTION OF MIKE DULL HOMES, INC. RCW 23B.14.030

RCW 23B.14.030
This Notice is given pursuant to RCW 23B.14.030. On April 10, 2020, MIKE DULL HOMES, INC. (the "Corporation"), filed Articles of Dissolution with the Secretary of State. Any person having a claim against the Corporation must describe the Corporation must describe the

claim in writing with reasonable particularity and present the written claim by delivery to the address below within one hundred twenty (120) days of the date of first publication of this Notice. A claim may be

rejected by the dissolved Corporation, in which case the holder of the claim will have a limited period of ninety (90) days from the date of such rejection to commence a proceeding to enforce the claim. If not timely asserted, the claim may be barred in accordance with Chapter 23B.14 RCW.

Date of Dissolution: April 10, 2020 Date of First Publication: May 6, 2020 Address for Mailing or Service

Speidel Bentsen LLP 7 North Suite 600

P.O. Box 881 Wenatchee, WA 98807-0881 Dated this 15th day of April, 2020, at Wenatchee, Washington. MIKE DULL HOMES, INC.

CAROL COX DULL, Director Published in The Leavenworth Echo/ Cashmere Valley Record on May 6, 13, and 20, 2020. #87682

SUPERIOR COURT OF WASHINGTON **COUNTY OF CHELAN** NO. 20-2-00073-04 SUMMONS ROBISON ESTATE, LLC, a Washington limited liability

vs. THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DE-VISEES OF ELLA RICHARD-SON, deceased; OTHER PERSONS TIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein,

Defendants.
STATE OF WASHINGTON to: THE HEIRS AND DEVISEES
OF CALVIN RICHARDSON,
deceased; THE HEIRS AND
DEVISEES OF ELLA RICHARDSON, deceased; and ALL
OTHER PERSONS OR PARTIES LINKNOWN: TIES UNKNOWN:

TIES UNKNOWN:
You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 1st day of April, 2020, and defend the above entitled action in the above entitled action in the above entitled rout, and answer the complaint of the plaintiff Robison Estate, LLC, and serve a copy of your answer upon the undersigned attorneys for plaintiff Jeffers, Danielson, for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Mi-chelle A. Green, at their office below stated; and in case of vour failure so to do, judgment will be rendered against you ac-cording to the demand of the complaint, which has been filed

with the clerk of said court.
Under RCW 7.28.010, an action to quiet title may be maintained by any person in the actual possession of real property ist the unknown h person known to be dead, or against any person where it is not known whether such person is dead or not, and against the unknown heirs of such person, and if it shall thereafter transpire that such person was at the time of commencing such action dead the judgment or decree in such action shall be as binding and conclusive on the heirs of such person as though they had been known and named DATED this 24th day of

March, 2020. JEFFERS, DANIELSON, SONN & AYLWARD, P.S.

MICHELLE A. GREEN, WSBA # 40077
Attorneys for Plaintiff
PO Box 1688
Wenatchee, WA 98807-1688
(509) 662-3685/ (509) 662-2452

Published in The Cashmere Valley Record/ Leavenworth Echo on April 1,8,15,22, 29, and May 6, 2020. #87570





# May is National Osteoporosis **Awareness and Prevention Month**

When May arrives every year, I think of my mother. Although it's true that Mother's Day is in mid-May, May is also National Osteoporosis Awareness and Prevention Month. For the last ten years of her life, my mother suffered greatly from complications of osteoporosis. Osteoporosis is a condition where your bones become weak, making them more likely to break. Nearly 54 million Americans have low bone mass or osteoporosis, according to the National Osteoporosis Foundation (NOF), a health organization dedicated to preventing osteoporosis and broken bones through awareness, education, and research. This silent but devastating disease affects more women than men. Women have a 50% chance of suffering a hip, spine, or wrist fracture during their lifetime. However, this bone disease doesn't affect only women; nearly 30% of men will also experience a broken bone from osteoporosis. Osteoporosis-related fractures aren't just painful; they can be deadly. One in four women and one in three men WILL DIE within one year of experiencing a broken hip. If you are female, the likelihood of you breaking a bone from osteoporosis is equal to your risk of having breast, uterine,



her left wrist when she was 74 years old when tripping on a curb while trying to catch a bus in downtown Seattle. Four years later, she fell when getting out of bed in the middle of the night to use the bathroom, breaking her hip. I gently suggested that she get her injury checked out by her doctor, but she stubbornly insisted to me, "It's not broken, I just sprained my knee." She hobbled around on it for nearly two weeks before she gave in and saw a doctor, but by then it was too late. The bone of her right upper leg had split apart, then started knitting together in the wrong position as she walked on it, leaving her with the discomfort and awkwardness of having one leg an inch shorter than the other for the rest of her life. Although its complications show up in old age, osteoporosis can start in childhood because the thinner your bones are when young, the more likely you'll experience a fracture later in life. We build nearly 90 percent of our peak bone mass before we turn 20 years old. In middle age, that process begins to reverse. We lose 1% of our bone mass every year, doubling to 2% every year for women after menopause. Find out

more about osteoporosis at the National Osteoporosis Foundation website, www. nof.org.

Here are 6 Tips to Help Keep Your Bones Strong and Healthy:

1. Get adequate calcium and vitamin D.

Eating a variety of foods rich in calcium is essential to building and maintaining a healthy bone density. Green leafy vegetables like broccoli, Brussels sprouts, and kale are good sources of calcium, along with dairy products like milk and yogurt. A calcium-rich diet is more effective at preventing osteoporosis than taking calcium supplements. If you take prescription bone-building medicines, you may need additional calcium and Vitamin D supplementation.

2. Do weight-bearing activities as often as pos-

Walking, cycling, dancing, even gardening will help your body keep your bones healthy. Activities like tai chi and lifting light weights strengthen your thigh muscles and improve balance, helping prevent falls.

3. Don't smoke.

My mother started smoking when she was 18 years old, and it took her over 60 years to quit. Stopping smoking decades earlier could have helped her avoid the fractures which plagued her later years.

4. Ask your doctor. Testing your bone density helps determine how likely you are to have a bone break in the future. If your bones are too thin, future bone loss can be slowed with medicine and other strategies. My mother never knew her bones were thinning until she broke her wrist. With screening and bonebuilding medicines, she might have avoided the hip fracture that changed her life so drastically.

5. Try eating prunes every day.

Eating prunes every day can build up your bones, according to two recent studies. The participants consumed about ten prunes every day for a year, but you don't have to eat nearly that many to benefit your bones. Since prunes have a natural laxative effect, I suggest starting out eating just a couple prunes daily, then gradually increasing as

6. Take your medicine. Several bone-building drugs are available: tablets you take every week

or every month, or injections given daily, every six months, or once a year. Dr. Louise Achey, Doctor

of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider. com for daily tips on how to take your medicine safely. ® 2020 Louise Achey

### THE WASHINGTON OUTDOOR REPORT

### Fishing and Hunting Reopens

and ovarian cancer COM-

BINED. My mother broke

Hunters and anglers are heading out to the water and into the woods again beginning May 5th following announcements by Governor Jay Inslee's and the Washington Department of Fish and Wildlife that these activities are once again legal. In Central and Eastern Washington, all seasons will open exactly as they normally would be on May 5.

Spring turkey season also opens on the 5th as does spring bear hunting, this latter season being extended to June 30.

It is important to note these activities could be restricted (or even closed again) if outdoors enthusiasts don't follow rules and guidelines currently in place to limit the spread of COVID-19 to include:

Staving local (if you can't get to your destination and back in a day, you are going too far.

Maintain-Stay local (if you can't get to ing social your destination and back in distance of at a day, you are going too far. least six feet

from one another. Don't contribute to over-

crowding. If that boat launch or park is full of people, go somewhere else.

State wildlife areas and Department of Natural Resource owned lands are open for day use, as are the majority of state parks. National Forest lands are also open though access through Forest Service roads could be challenging. Many roads above 3,000 feet in elevation remain impassable due to snow.

**Fishing And Hunting Reports:** Chelan, Douglas And **Grant Counties:** 



#### Courtesy John Kruse Wendy Herrera with a nice walleye caught in the Columbia River Gorge

Travis Dawson manages the fishing department at the East Wenatchee Sportsman's Warehouse store. He says trout anglers will find "Lily, Clear Lake and Beehive  $Reservoir\,are\,all\,stocked\,and$ accessible in the Wenatchee Heights. Other options are Wapato and Roses Lake near Manson and the Rock

**Island Ponds** in Douglas County. According to Dawson,

"Those trout

are going to be hungry and fishing should be on fire!"

Dawson says many bass and walleye anglers are going to Moses Lake. Less crowded options would be Potholes Reservoir or Banks Lake. In Dawson's opinion, "Nothing has changed in terms of opportunity, there is just lots of fresh fish to catch since they have not had any pressure yet." Dawson also suspects the good fishing will last several weeks because there won't be as many people fishing at one time like the traditional lowland lake opener. Sportsman's Warehouse stores are open

for business and have plenty of fishing tackle along with lots of gear and ammunition for turkey hunting. Curlew Lake -

**Ferry County** 

Sandy Beck is the coowner of Fisherman's Cove Resort at Curlew Lake in Ferry County. When asked about being open on the 5th Beck replied their resort is not open now because they are not considered an essential business. However, the Becks are hoping to be open by Memorial Day or June 1st. Beck says, "Once we do, we'll be enforcing strict sanitation measures to include temperature checks, mask use and hand sanitizer use. We want to make sure our guests are safe."

As for May fishing, Beck says it should be very good for perch. They were illegally stocked a few years ago and now there are plenty of them and some are good sized. In addition to this the lake has been stocked with trout and Curlew Lake remains one of the premier places in the state for tiger musky though they are hard to catch. Conconully Area Lakes -

**Okanogan County** Sam Martin, the mayor

of Conconully and owner of the Comstock Motel in town said he is looking forward to having a good season starting May 5th but asks that visitors practice good social distancing and stay home if they are not healthy.

Martin says the state launches at both Upper and Lower Conconully Lake will oe open and both lakes have healthy populations of bass, trout and kokanee. Other nearby lakes in the Sinlahekin Wildlife Area will also be open for day use. Assuming you are a local resident but want to stay overnight, Martin says there are some overnight lodging options available in Conconully at the local motels and cabin resorts. There is also a small store in town and two restaurants offering to-go dining.

Columbia River Gorge

Wendy Herrera, the owner of Gorge Supply Outfitters in Rufus, Oregon says the Columbia River walleye are done spawning and the bite now is phenomenal! Also "phenomenal" is the smallmouth bass fishing in the Columbia River Gorge. Herrrea says you can catch bass all day though boaters should be aware river levels are fluctuating daily.

Herrera says Gorge Supply Outfitters is open for business and they are very well stocked with walleye and bass tackle. Turkey hunters may want to drop by as well to take advantage of an ammo sale going on now.

Until next week, keep your distance from each other, stay local and enjoy fishing and hunting for the first time in a long while.

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.

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